

Attorney Docket No. CYBRP002.US02  
Application No. 10/751,334

**Amendment to the Claims:**

1. (currently amended) An exercise system comprising:

an exercise apparatus having a level of effort that is adjustable with an actuator, said exercise apparatus providing a scripted virtual personal training experience for a user of said exercise apparatus which is stored in a digital memory which is removably engageable with said exercise apparatus, wherein said scripted virtual personal training experience provides, ~~said exercise apparatus including a loudspeaker to provide a vocal~~ warning of an impending change in said level of effort prior to a change in said level of effort by an automated control of said actuator by said exercise apparatus.

2. (currently amended) An exercise system as recited in claim 1 wherein said exercise apparatus is one of a plurality of exercise apparatus, each of which is in at least part-time communication with a computer that is separate from said exercise apparatus.

3. (currently amended) An exercise system as recited in claim 1 wherein said scripted virtual personal training experience includes vocal and actuator control data stored ~~in a said~~ digital memory storage medium associated with said exercise apparatus.

4. (canceled)

5. (previously presented) An exercise system as recited in claim 3 wherein said automated control of said actuator is in accordance with said actuator control data.

Attorney Docket No. CYBRP002.US02  
Application No. 10/751,334

6-7. (canceled)

8. (previously presented) An exercise system as recited in claim 1 wherein said exercise apparatus is selected from the group consisting essentially of a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

9-14. (canceled)

15. (withdrawn) A method for creating an exercise experience comprising:

providing a training experience for a user of an exercise apparatus including a vocal forewarning of an impending change in a level of effort required of said user, and automatically changing said level of effort after said vocal forewarning.

16. (withdrawn) A method for creating an exercise experience as recited in claim 15 further comprising establishing a communication linkage including an Internet link between said exercise apparatus and a remote system.

17. (withdrawn) A method for creating an exercise experience as recited in claim 15 wherein automatically changing said level of effort includes a changing of an operating parameter of said exercise apparatus in a manner consistent with said vocal warning.

18. (previously presented) An exercise apparatus comprising:

Attorney Docket No. CYBRP002.US02  
Application No. 10/751,334

a frame;

a body-engaging member;

an actuator coupled between said frame and said body-engaging member;

an audio display providing an audible alert of an impending change in a scripted exercise session; and

an actuator controller coupled to said actuator for implementing said change subsequent to said audible alert.

19. (canceled)

20. (previously presented) An exercise apparatus as recited in claim 18 further comprising a visual display displaying images related to said scripted exercise session.

21. (previously presented) An exercise apparatus as recited in claim 20 wherein said actuator controller is synchronized with at least one of said visual display and said audio display.

22. (previously presented) An exercise apparatus as recited in claim 21 wherein control signals for at least one of said visual display, said audio display, and said actuator are at least temporarily digitally stored.

Attorney Docket No. CYBRP002.US02  
Application No. 10/751,334

23. (previously presented) An exercise apparatus as recited in claim 18 wherein said exercise apparatus is selected from the group consisting essentially of a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

24. (previously presented) An exercise apparatus as recited in claim 18 wherein control signals for at least one of said audio display and said actuator are at least temporarily digitally stored.

25. (previously presented) An exercise apparatus as recited in claim 24 wherein said control signals are stored in a volatile digital storage medium.

26. (previously presented) An exercise apparatus as recited in claim 24 wherein said control signals are stored in a non-volatile digital storage medium.

27. (previously presented) An exercise apparatus as recited in claim 26 wherein said non-volatile digital storage medium is a rotary disk digital storage medium.

28. (previously presented) An exercise apparatus as recited in claim 18 wherein said audio display includes a loudspeaker.

29. (new) An exercise apparatus as recited in claim 26 wherein said non-volatile digital storage medium is a solid state digital storage memory.